



Be a Leader in Diabetes Prevention



1.27 million adults in Louisiana have prediabetes and 90% of them don't know it. Ignoring prediabetes increases the risk of:



Type 2 Diabetes



Heart Disease

Help your community know if they may be at risk for prediabetes.





Start your own National Diabetes Prevention Program or refer someone



Know and share resources to help others find out if they may be at risk

The National Diabetes Prevention Program is a lifestyle change program that provides:

<p>A Trained Lifestyle Coach</p> 	<p>Group Support</p> 
<p>CDC-Approved Curriculum</p> 	<p>Regularly Scheduled Meetings</p> 

Research shows structured lifestyle interventions can cut the risk of type 2 diabetes in

HALF



Your community will learn to make small, smart lifestyle changes such as:



Eating Healthy



Moving More



Managing Stress